

Basic Curriculum vitae:**Michael C. Heller**, Doctor in *Psychology and Psychotherapist*

Web Site:

www.aqualide.ch

Address: Rue des Longs Prés 38

CH-3960 Sierre, Valais

Birth: 03.06.1949

Nationality: Swiss

Status: married

Languages: French and English

General presentation**Michel Heller's basic curriculum¹**

●**Title:** Doctor in psychology and sport.

●**Main activities:** *body psychotherapy, experimental research on nonverbal communication, supervision, training. Providing presentations and publications in French and in English on these domains.*

●**Expertise.** Courses on autoregulation through relaxation, massage, emotional expression and exploring of one's capacity to interact with others; on dream analysis; and on the tangible effects of multi-generational dynamics; on the links between cognitive particularities and personality disorders; video analysis of groups and ways of coding with precision nonverbal activities such as posture and mimics. Management of research programs in experimental psychology; video analysis of how teams and families interact; detailed analysis of gestures, mimics and postures.

●**Other familiar activities:** Being a member of a team which creates professional journals, manage professional organizations, prepare a congress; and being a member of professional committees (scientific, professional standard and ethics).

●**My assets:**

- Teamwork
- Ease of contact.
- Knows how to listen and understand others.
- Autonomy and imagination.
- A capacity to communicate, inform, teach and advise.
- Pluridisciplinary, extended knowledge.
- Precision.
- Can write articles and reports.
- Crating links between theory, scientific research and practice.

Major publications

2022.

- Michel Heller (2022). *L'organisme intime. Approches psycho-corporelles des troubles fonctionnels*. Paris: L'Harmattan.

2017.

- Michael C. Heller (2017). *Körperpsychotherapie: Geschichte – Konzepte – Methoden*. Bernhard Maul (Vorwort, Übersetzer). Gießen: Psychosozial-Verlag.

2017.

- Michel Heller (2017). *La méduse ou le monde reichien de Gerda Boyesen*. Montpellier : Les Éditions Biodynamiques.

2012.

¹ A more detailed CV is available, with a list of 89 publications, 135 presentations and post-training, and my process in personal psychotherapy and supervision.

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2008.	- Michael C. Heller. <i>Body Psychotherapy: History, Concepts, and Methods</i> . New York: W.W. Norton. Translation by Marcel Duclos.
2001.	- Michel Heller. <i>Psychothérapies Corporelles. Fondements et méthodes</i> . Louvain: de Boeck. - Michael Heller. <i>The Flesh of the Soul. The body we work with</i> . Bern: Peter Lang.
Honorary title (2010)	●Honorary member of the European Association of Body Psychotherapy (EABP), « for his significant contribution to body psychotherapy in general».
Professional accreditation	Psychologist-psychotherapist recognized in Switzerland by the Swiss association of psychologists (FSP), and member of the psychological association of the 'cantons' of Vaud (AVP) and Valais (APVs) Member of the European Association of Body Psychotherapy (EABP) Member of the Swiss Association of Body-Mind Therapies (ASTP)
Professional experience	
2021.11-2024.03	Joins a monthly InterVision group of 2 hours with 5 psychiatrist colleagues, which meets at Dre Karin Sury Curchod's house.
2018-2024.03	●Independent psychotherapist and supervisor in Lausanne at 18 de la rue Virgile Rossel (Lausanne 1012), and (from 2021 to 2023, 15 hours/week) at 1 rue Voltaire with the psychiatrists Lito Panayotopoulos and Olivia Didisheim, and the psychologist Evelyne Martinet.
2018.02.01-2021.06.30	●Assistant psychologist at the psychosomatic unit (UPSO) of Le Noirmont Clinic (Switzerland, state of Jura) for a 60% contract, which corresponds to 50 hours a week.
2016-2021	●Member of the EABP Think-Tank Committee to find ways of defining more precisely the particularities of the field of body psychotherapies.
2014-2017	●Supervisor of the multidisciplinary therapeutic staff of the psychosomatic unit (UPSO) at Le Noirmont Clinic (Switzerland, state of Jura), directed by Doctor Duc Lê Quang.
2000-2018	●Psychologist working for Dr Nicole Clerc (psychiatry, FMH), Maupas 10, Lausanne, with the possibility of delegated psychotherapy.
1987-2017	●Training workshops in various schools of body psychotherapy and presentations in Europe, Brazil and Japan.
1999-2000	●Psychologist and psychotherapist in a private practice, Maupas 10, Lausanne.
1987-1998	●Executive psychologist in the Psychiatric University Institutions of Geneva (IUPG, then HUG), and researcher for the Psychiatric department of the Geneva Medical Faculty. Head of the research <i>Laboratory Affect and Communication</i> (LAC) under the direction of Professor <i>André Haynal</i> , which focused on facial expressions during interactions between suicide attempters and their psychiatrist.
1987-1989	●Group supervision in Biodynamic Psychology and Psycho-Organic Analysis, Munich (Germany).
1986-1999	●Psychologist and psychotherapist (40%) in the homeopathic medical practice of doctors Nicole Reinhardt, Ingo Schneider, and Dominique

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- 1984-1995. Probst in Lausanne, 12 Boveresses avenue. Collaboration with François Fleury (Ethno-therapy) and Marguerite Burlet (physical therapy and the Meziere technique).
- 1980-1995. ●Trainer in Europe (Austria, England, France, Germany and Switzerland) for (1) Gerda Boyesen International (GBI) in Biodynamic psychology and (2) Psycho-Organic Analysis (Paul Boyesen).
- 1980-now ●Conferences on nonverbal communication, body psychotherapy and cognitive psychology.
- 1980-1989 ●Psychotherapist and co-founder of the Geneva Centre of Biodynamic psychology, Chêne-Bourg; with Caroline Mercier, Alain Ringger and Françoise Werner-Enckell.
- Basic training**
- 1992 ●Doctoral thesis in psychology and sport, at the University of Duisburg (Germany), with Professor Siegfried Frey. Title: *Postural dynamics and social status*, awarded with a *summa cum laude*.
- 1989 ●Obtained the right to practice psychotherapist in the Swiss state of Vaud, by the department of the interior and public health (Département de l'Intérieur et de la Santé Publique du Canton de Vaud).
- 1988 ●Specialization in the coding of facial mimics using the *Facial Action Coding System* (FACS), with a certificate of competence delivered by Paul Ekman and Wally Friesen, of the University of California San Francisco.
- 1987 ●Recognized as a supervisor in Biodynamic Psychology and Psycho-Organic Analysis.
- 1983 ●Diploma in Biodynamic psychology and Psycho-Organic Analysis.
- 1976-1987. ●Training as a doctoral student in experimental social psychology at the faculty of psychology and educational sciences (FAPSE), University of Geneva, department of *Professor Willem Doise*.
- 1976-1984. ●Training as a doctoral student in nonverbal communication at the Faculty of Psychology, Bern University, with *Siegfried Frey*.
- 1976 ●*License to practice psychotherapy* in Biodynamic psychology given by Gerda Boyesen.
- 1976 ●Diploma in genetic and social psychology, at the Faculty of psychology and educational sciences (FAPSE), University of Geneva, department of *Professor Willem Doise*.
- 1975 ●License in genetic (developmental) and experimental psychology, at the faculty of psychology and educational sciences (FAPSE), University of Geneva. The equivalence to à Master was obtained at the FAPSE in 2010.
- 1969-1974 ●Trained in experimental cognitive developmental psychology and the science of education in the Jean-Jacques Rousseau Institute of Geneva, by Jean Piaget's team. The institute became the faculty of psychology and sciences of education in 1975. Discussions and seminars with *Beatrice Beebe, George Downing, Philippe Rochat, Daniel Stern and Elizabeth Fivaz* of the "Centre d'Études Familiales" (CEF) in Cery (Lausanne) have kept me in contact with recent formulations in the research on developmental psychology.

Extra-professional

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interests

- Extended reading in literature, history, social sciences and philosophy (European and Oriental).
- Classical music.
- Body approaches (Tai Chi, massage, relaxation, gymnastics, etc.)

Computing

- Windows, Excel, Word, PowerPoint, Outlook.